

Parkinsonian, Shaking & Twitching

SHEN DISTURBANCE

TCM Diagnosis, Symptoms, Formulas & Points

| TCM Diagnosis | Symptoms | Tongue | Pulse | Formula | Points |
|-----------------------------------|---|--------------------------------|-------------------|--|--|
| Parkinsonian, shaking & twitching | All | | | | |
| Liver and Kidney yin deficiency | Red face, stopping for long periods then starting, dark clotted blood, high blood pressure, irritation, agitation, low back pain, acid regurgitation, profuse dreams | Red, little or no coat | Wiry, rapid, fine | Zuo Gui Wan; Hu Qian Wan; Er Jia Fu Mai Tang | Ren-4, K-3, K-6, Ht-7, Sp-6, Ub-18, Ub-23, Liv-3, Liv-8, E-Yintang, Ren-12 |
| Spleen and Kidney yang deficiency | Shaking and twitching, cold sensations, pale complexion, cold extremities, low appetite, fatigue, puffiness | Swollen, wet, white coat | Deep, slow | Fu Zi Li Zhong Wan; Zhen Wu Tang | K-3, K-7, Ren-4, Ren-6, Ren-12, Du-4, Du-20, Ub-20, Ub-23; Moxa as needed |
| Heart and Lung yin deficiency | Desire to lie down but inability to do so, cold feeling without being cold, bitter taste in the mouth, red-colored urine, restless or speaking very little | Red | Rapid, faint | Bai He Da Zao Tang; Sheng Mai San | K-3, Sp-6, Pc-6, Ht-7, Ub-13, Ub-15 |
| Kidney essence deficiency | Elderly patients, shaking and twitching, weakness, soreness, premature graying, restricted movements, impaired speech, premature birth or birth defects | Pale, thin coat | Deep, weak | Zuo Gui Wan, You Gui Wan; Qing E Wan | Li-4, Liv-3, K-3, K-6 Liv-6, Pc-8, Du-20, Ren-4, E-Yintang |
| Phlegm and wind heat | Mood swings, emotional instability, deranged speech, laughing or crying, hot flashes, night sweating, thirst and dryness, desire to move but inability to do so, restless sleep, profuse dreams, red face | Red, thin yellow coat, red tip | Rapid, slippery | Bai He Hua Tan Tang; Dao Tan Tang | Ub-12, Ub-15, Ub-20, Ht-7, Pc-7, Sp-6, Sp-9, St-40, Liv-3, Ren-17 |
| Qi and blood stagnation | Palpitations, insomnia, shortness of breath, sallow complexion, poor memory, profuse dreams, lack of use of limbs, sleep walking | Purple, purple spots | Wiry, choppy | Shen Tong Zhu Yu Tang; Tao Hong Si Wu Tang | Li-4, Liv-3, Sp-6, Sp-10, E-Yintang |

Special Notes

1. Fasting and chelation are both beneficial and may help prevent the progression of Parkinson's disease. 2. Green drinks may reduce symptoms. 3. Iron supplementation appears to benefit some people with Parkinson's. 4. The use of an antioxidant supplement may delay the need for levodopa therapy in people with Parkinson's. 5. Brain stimulators help curb involuntary movements, much like pacemakers for the heart.

Lifestyle Recommendations

1. Physical therapy, including active and passive ROM, plus daily moderate exercise like walking, can help to maintain normal muscle tone and function.

Botanicals

1. Hawthorne extract and ginkgo biloba help improve circulation and reduce tremors. 2. Skullcap, valerian and hops help to rebuild the nervous system.

Supplements & Support

1. High-potency multivitamins and minerals for daily nutrients. 2. Vitamin C, 500 to 1,000 mg tid. 3. Vitamin E, 400 to 800 IU daily. 4. Ginkgo biloba, 40 to 80 mg tid increases blood flow to the brain. 5. Phosphatidylserine, 100 mg tid helps boost energy level to the brain. 6. Consider Thiodox from Allergy Research, 200 mg which contains the essential glutathione to support the body. 7. Vitamin B thiamin, 3,000 to 8,000 mg daily and tyrosine, 500 to 1,000 mg daily helps boost dopamine levels for the brain. 8. CoQ10, 200 mg daily is crucial for cellular energy. 9. DHEA, 10 mg for women, 25 mg for men daily is a helpful hormone.

Western Nutrition

1. Eat diet consisting of raw foods, with seeds, grains, nuts and raw milk. 2. Include diet foods containing amino acid, such as almonds, fish, pecan, sesame seeds, lentils. 3. Reduce intake of animal protein.